

# NEIGHBORS

NEWSROOM: 606-528-2464 | FAX: 606-528-9850 | E-MAIL: bpoynter@thetimestribune.com  
TIMES-TRIBUNE / WEEKEND EDITION, JAN. 2-3, 2010



# GIVING BACK



At top, the T.J. Memorial Toy Run is a fun way for the biker community to raise money and toys for local children. Above, associates at Wal-Mart DC have donated money to help purchase clothing, shoes and toys for less fortunate children in the community. The associates raised enough money for 163 children to receive gifts. Wal-Mart DC 6097 takes pride in the local community in helping to make this a great Christmas for these children. Wal-Mart DC 6097, has donated over \$35,000 to the local community this year through their Community Grant Program, Volunteerism Always Pays, Teacher Rewards Program and other community activities. Pictured are Angela Murray (sitting), Donna Perry, HR Office Managers, Teresa Root, Training Manager, and Robert Hartzell, Dry Receiving Manager, helped gather and wrap the gifts to be distributed to children at local schools.  
PHOTOS SUBMITTED



At right, Taylor Hubbard, recently crowned Miss Kentucky Teen, assisted the Corbin American Legion Auxiliary prepare stockings and packages of clothes and toys for 72 children.  
PHOTO BY BOBBIE POYNTER

## People from around the Tri-County share what it means to volunteer

- 2,000 dolls
- 2,000 toy trucks
- 3,000 coloring books
- 1,000 coats
- 3,000 pairs of shoes
- 1,000 boxes of food...

Over \$100,000

1,000 volunteers of all ages organizing, buying, wrapping, collecting, stacking, filling, serving, and deliver-

ing toys and food to needy Tri-County families and children over a period of several months?

### Priceless

For every person in need there is another person who feels the need to give. People fall into the needy category oftentimes through no fault of their own. Perhaps it was due to a lost job or sudden and prolonged

illness.

However, explaining the need to give back is not always so easy to explain.

Throughout the Christmas season individuals in businesses, organizations and churches spend much of their free time and their own money trying to make the holiday season a little bit brighter for those who are not so fortunate.

The surrounding photos are only a

small sample of the efforts put forth by local organizations to brighten someone else's Christmas.

Volunteers were asked the same question:

**How long have you been volunteering? Why do you volunteer your services to help people you've never met?**

SEE VOLUNTEER, PAGE 4

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# Come home, it's suppertime How 'bout a Cincinnati style chili?

**G**ood, Good morning!  
It's 2010, although I still haven't quite connected with that.

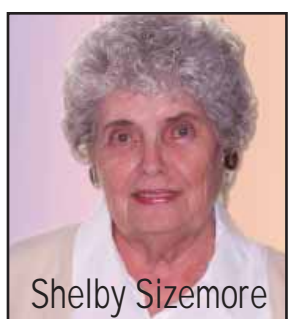
**D**o you make New Years resolutions?  
I usually make them at Easter time, and rarely ever follow through...I hope you're more likely to make yours a reality.

I'm always a bit depressed in the first 2 months of the year; I think I'm one of those people who have to have plenty of sunshine to feel good.

On a cold, wintry day - with the snow blowing and the roads icy-I just have to lose myself in a good book and hope for better days. (Unless I'm on the mail route, when I just hope to get back home!)

When in the world are you going to send me your "goodest" recipes?? People are getting tired of mine, I'm sure. I only put recipes I love in this column, but I know different people like different things; I hate to think someone wastes a lot of expensive ingredients on something they can't eat.

I keep telling myself that most people can read a recipe and just about know if they'll like it. Not me! I bought dried fruits, etc, to make a Chutney which was on the Food Network - supposedly the best thing since fried



Shelby Sizemore

taters; I took one bite and knew with certainty that nobody would touch that stuff; it went in the Garbage, and I hate doing that.

I had never tried this Chili - didn't think I would like it at all - until I saw a recipe somewhere with such glowing comments that I had no choice but to try it. I thought it was absolutely delicious - I even have a pot bubbling on the stove right this minute, and it smells divine.

The recipe calls it hot-dog chili, but I like it poured over spaghetti with onions and cheese on top. You just have to like it...I hope!

### Cincinnati Style Chili

- 1 quart water
- 1 tsp. garlic salt
- 1-1/2 tablesp. vinegar
- 1 large can tomato sauce
- 4 tablesp. chili powder
- 1/2 tsp. cinnamon
- 2 dashes A-1 sauce

- 4 dry red peppers (I used dried pepper flakes)
- 5 bay leaves
- 1 tsp. allspice
- 4 medium onions, chopped (I used 3)
- 2 pounds ground beef

When water comes to a boil add ingredients as they appear, down to the ground beef. Put the beef in cold water and mix with your hands until it separates into fine pieces. Drain and add to the other mixture after it comes to a boil. (This cold water thing is the whole secret, so do it!) Simmer for 3 hours, stirring occasionally. I halved the recipe until I found out I loved it.

If this doesn't tickle your funny bone - and if you haven't been in a similar situation - I'm going to be surprised." Beside my dryer there stands a box, of fifty-seven mismatched socks. I know not where their mates may be, and so I sort them endlessly, postponing that traumatic day, I throw the worthless things away; and finally having sealed their fates, run one more wash and find their mates." See you soon?

E-mail Shelby at shelby-sizemore@aol.com



PHOTO SUBMITTED

Pictured from the left: Mountain Outreach graduate assistant Chris Tucker and student coordinator Jonathan Bowman accept donated backhoe delivered by Jerry Diehl of Slater & Diehl Equipment Transport, Inc., Pennsburg, Penn.

## Mountain Outreach receives backhoe

SPECIAL TO THE TIMES-TRIBUNE

Mountain Outreach (MO), the student-led construction ministry of University of the Cumberlands, has received a gift that will allow the group to continue giving to the community for many years to come. The recent gift of a used backhoe was actually the result of the generosity of two friends of the University.

Mike Hunyady, of Hunyady Auction Company and Hunyady Appraisal Services, Hatfield, Penn., a long-time friend of the University, recently discovered a CASE backhoe to be sold at auction. He sent a monetary gift in the amount of \$11750, so that the University could

purchase the piece of heavy equipment that will be such an asset to MO's summer building program. Jerry Diehl of Slater & Diehl Equipment Transport, Inc., Pennsburg, Penn., transported and delivered the backhoe to Williamsburg from New Jersey as a gift-in-kind valued at \$2,575. Although the backhoe is not new, it is in good shape with only the expected wear and tear. It is currently being serviced, getting an oil change, new belts and some repairs to the seat. It will be ready to start work when MO begins to prepare building sites in March or April.

The backhoe is a versatile piece of equipment that MO will use to dig water lines, septic systems and foundation foot-

ers. Marc Hensley, director of Mountain Outreach, said, "This gift is huge. In the past, we have had to rent heavy equipment at a rate of \$75 per day for a minimum of six days to prepare a building site, now we have the equipment to do the job ourselves."

Hensley went on to say, "The backhoe will also save us money by allowing us to stockpile enough gravel for all our summer projects at our warehouse. Gravel is cheaper in large quantities, and now we can use the backhoe to load our small dump truck with the amount we need and deliver it to each site from our warehouse. This will save us long, frequent and expensive trips to gravel quarries."

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# DOCJT graduates 27 officers from basic training

SPECIAL TO THE TIMES-TRIBUNE

Law enforcement officers from 22 agencies across the state graduated today from basic training at the Kentucky Department of Criminal Justice Training.

The 27 officers of Class 408 completed 18 weeks of training, which consisted of more than 750 hours, recruit-level-officer academy instruction. Major training areas included homeland security, law offenses and procedures, vehicle operations, firearms, investigations, first aid/CPR, patrol procedures, orientation for new law enforcement families and mechanics of arrest, restraint and control.

Basic training is mandatory for Kentucky law enforcement officers who are required to comply with the state's Peace Officer Professional Standards Act of 1998. The Department of Criminal Justice Training provides basic training for city and county police officers, sheriffs' deputies, university police, airport police and others.

The Department of Criminal Justice Training is a state agency located on Eastern Kentucky University's campus. The agency is accredited by the Commission on Accreditation for Law Enforcement Agencies and was the first in the nation to be accredited under CALEA's public

safety training program designation. In 2006, the academy also became the first law enforcement training academy in the nation to be named as a CALEA flagship agency. The agency also provides in-service and leadership training for Kentucky law enforcement officers and telecommunications training.

- Class 408 graduates and their agencies are:
- Dustin M. Allgood, Ashland Police Department
  - Charles J. Ballard, Mount Washington Police Department
  - James E. Barnes, Scott County Sheriff's Office
  - Raleigh Bengel, Clay County Sheriff's Office
  - Jeremy Bolton, Boone County Sheriff's Office
  - Jason G. Boyer, Louisville International Airport Police Department
  - Jacob W. Boyle, Independence Police Department
  - Justin Creech, Somerset Police Department
  - Dwaine M. Durrett, Oldham County Police Department

- Jacob W. Elmore, Glasgow Police Department
- Jeffery Essary, Middlesboro Police Department
- John K. Fowler, Bullitt County Sheriff's Office
- Charles R. Gootee, Jr., Hollow Creek Police Department
- Jordan P. Hopkins,

- London Police Department
- Jewely A. King, Henderson Police Department
- Chaim M. Kozak, Boyd County Sheriff's Office
- Michael Matthews, Owensboro Police Department
- Daniel E. Muncy, Inez Police Department

- Jeffery B. Owens, Harlan Police Department
- Matthew Ralph, Henderson Police Department
- Justin A. Richardson, Owensboro Police Department
- Kevin B. Short, Leslie County Sheriff's Office
- Deborah A. Steele, Franklin Police

- Department Jarrod R. Steele, Glasgow Police Department
- Jared Swaim, Henderson Police Department
- Joseph K. Templeman, Lewis County Sheriff's Office
- Erik M. Wilder, Ashland Police Department

## JANUARY 2010

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|        | <b>11</b><br>Lenoir City 11-5<br>Chattanooga 10-6 | <b>12</b><br>Harrogate 10-6<br>Jellico 10-6<br>Cleveland 10-5<br>Maryville 10-5<br>Gallatin 10-6 | <b>13</b><br>Sweetwater 10-5<br>Sevierville 11-6<br>Cookeville 10-6 | <b>14</b><br>Jellico 10-6<br>Cleveland 10-5<br>Portland 10-6<br>Crossville 10-6<br>Knoxville 10-6 | <b>15</b><br>Harrogate 9-5<br>Winfield 10-6<br>Athens 10-5<br>Lenoir City 10-5<br>Maryville 10-5<br>Murfreesboro 10-5 | <b>16</b><br>Jellico 10-2<br>Sweetwater 8-2<br>Maryville 10-2<br>Harrogate 10-2<br>Chattanooga 9-2 |
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## Animal advocate

# Be prepared to protect your pets this winter

Christmas has come and gone. We've just rung in the New Year! But winter is here to stay for nearly three more months! Are you ready? What about your pet?

Kentucky is famous for its ever-changing weather. Winter in Kentucky can bring some beautiful, sunny days with mild temperatures AND some bitter cold snowy ones. However, we must be prepared for come what may!

Just as we winterize our wardrobes and vehicles, we must exercise tender, loving care to protect our pets for whatever weather Mother Nature brings.

First, we must make sure pets have shelter from the elements. Pets are safer and more comfortable indoors. The very young, elderly, sickly, and shorthaired pets are particularly vulnerable to winter hazards and need extra consideration.

Even an indoor pet will enjoy a little pampering. Provide your pet with a warm place to sleep off the floor and away from drafts. A cozy bed with a blanket or pillow would be perfect.

Since indoor pets may receive less exercise outdoors, provide extra mental and physical stimulation indoors with games and toys. Interactive toys containing small treats may be particularly enjoyable.

If your pet, however, is an outdoor pet, he/she needs a dry, draft-free house that is large enough in which to sit and lie down comfortably, but small enough to hold in body heat. (Think of it as a cozy den.) The floor should be raised a few inches off the ground and covered with straw or cedar shavings. Turn the house away from the wind and cover the doorway with waterproof burlap or heavy plastic.

Don't neglect grooming during the bitter weather. Some coats mat easily. By spring, there could be all kinds of objects, including feces, imbedded in a pet's coat. Often the only solution is a very short cut. To prevent such problems, catch warm days or bring pets in a garage, basement, or outbuilding for a good brushing.

When bathing your pet during cold temperatures, make sure to completely dry the coat before allowing your pet outdoors.

Pets spending a great deal of time outdoors in winter will need extra food because keeping warm uses more energy. Use plastic bowls outside in winter, because a pet's tongue can stick and freeze to metal.

Check water bowls frequently to make sure water is fresh and not frozen. Pets get thirsty and need hydration in cold weather, too.

Even if pets stay indoors, furry best friends need some time for exercise and a potty break. Some pets, especially those with short coats, will benefit from wearing a coat or sweater when exposed to the elements. Protective pet boots are available. Never leave vulnerable pets outdoors unsupervised.



VICKIE BRAMLETT

Pets' pads may become irritated by salt and other chemicals used to melt snow and ice. Pets sometimes lick salty feet and, in turn, irritate the mouth. Clean your pet's feet as soon as you return indoors. Wipe the feet with a damp towel or cloth and then dry with an absorbent towel.

There are some pet-friendly snow and ice melting chemicals you can use on your own sidewalks and drive-way. Thankfully, these pet-safe products can be found in local stores in the pet aisle.

Never leave your pet alone in a vehicle during cold weather. The vehicle holds in the cold, acting as a refrigerator. An animal could actually freeze to death inside a vehicle.

Antifreeze is deadly, but it attracts animals and even children with its sweet taste. Clean up any spills completely immediately. Store all chemicals out of harm's way. Consider purchasing antifreeze-coolant made with propylene glycol, which is not toxic to pets, wildlife, or children.

Outdoor cats and small wild animals may be attracted to the warmth of engines. Scare them away before starting the engine by banging on the hood of the vehicle.

Some of you will become concerned about pets in the community that appear to have no shelter from the elements, food, or fresh water. Fortunately, Laurel, Knox, and Whitley counties now have animal control officers. Calling animal control so that an officer can check on the situation is an option.

**KNOX CO. ANIMAL CONTROL 546-6192**

**LAUREL CO. ANIMAL CONTROL 864-6319**

**WHITLEY CO. ANIMAL CONTROL 549-6071**

While winter weather can be bitter, it's picturesque. What's more beautiful than new fallen snow? Bundle up. Get out the leash. You might provide your furry best friend with a sweater or boots. Make time together outdoors as cozy as possible for both of you!

Take a walk. Gaze at the stars and moon on a winter night. Look at the beautiful snow glistening on the trees. Marvel at the icicles hanging from rocks and houses.

With some thought and preparation, any season can be delightful when it is spent with a best friend!

*Vickie Bramlett is a second grade teacher at Corbin Primary School.*

## Local ECU student presents at National Collegiate Honors Council Conference

SPECIAL TO THE TIMES-TRIBUNE

William Helton of Gray was one of 64 Eastern Kentucky University Honors Program students who traveled to Washington, D.C., to present academic and creative work as part of the largest contingent of presenters at the National Collegiate Honors Council conference.



WILLIAM HELTON

at the annual event. Eastern students participated in poster sessions, roundtable discussions, panel presentations, an Idea Exchange table presentation, and even a dance performance.

Nineteen faculty mentors also attended the conference. In addition to a tour of the Capitol Building, the ECU group also enjoyed other sights of D.C., including a tour of the National Gallery of Art.



PHOTO SUBMITTED

Kentucky's Apple Certified Systems Administrators from Bell, Clay, Crittenden, Elliott, Floyd, Hancock, Harlan, Jackson Independent, Jenkins Independent, Knott, Lawrence Magoffin, Martin, Menifee, Morgan, Muhlenberg, Ohio, Paintsville Independent and Whitley County schools were honored at the 2009 Datasem Technical Conference in Louisville.

# School administrators honored at Tech Education Conference

SPECIAL TO THE TIMES-TRIBUNE

Jill Roaden and Kevin Anderson from Whitley County Schools received their Apple Certified Systems Administrator (ACSA) certificate during a ceremony at the 2009 Datasem Technical Conference. Mrs. Roaden and Mr. Anderson were among a select group of Kentucky education technology professionals to earn the advanced designation.

Candidates completed five weeks of training classes and passed several exams demonstrating their knowledge of the computer systems and their ability to manage them in a large installation like a school district.

The Whitley County School

District now operates several hundred computers, which were donated to the schools by Datasem over the last four years.

Datasem provides computers funded by coal severance to coal county schools to support better exposure to technology and 21st Century learning opportunities. The computer processing power is shared with university researchers when students aren't using the machines.

Scientists at the University of Louisville James Graham Brown Cancer Center access the computers to look for potential life-saving cancer drugs.

In addition to learning more about the results of recent cancer

research, the two-day event gave educators from 33 districts a chance to share information and learn more about how to support classroom teachers using computers.

Representatives from the University of Louisville and Morehead State University outlined special scholarship programs for students in participating Datasem districts.

"With the dramatic increased use of computers and technology in today's schools it is important to have qualified individuals," said Datasem CEO Brian Gupton. "The ACSA professionals make a difference for the kids in Kentucky every day."

# TRI-COUNTY SUPPORT GROUPS

### VETERANS & FAMILY SUPPORT

An American Legion service officer will be on duty every Tuesday from 10 a.m. to 6 p.m. at the Corbin Post 88 in the upstairs office. Available to all veterans and families. Call 528-1086.

A VFW Post 1410, Corbin, has a service officer on duty at the post from 10 a.m. to 2 p.m. every Tuesday. Available to all veterans and families. Call 528-0281.

### AL-ANON FAMILY SUPPORT

A Corbin Al-Anon family support group will meet Tuesdays and Fridays at 8 p.m. at the Corbin Presbyterian Church on Master Street. Call Sam at 258-8369.

### NARCOTICS ANONYMOUS

Narcotics Anonymous support fellowship meets at 6 p.m. Mondays, Wednesdays and Fridays at The Parkway Church of God, Cumberland Gap Hwy. Confidential. Call Chris at 215-1360.

### SEKY WOMEN FOR LIFE

SEKY Women for Life offers confidential pregnancy testing, referrals, maternity clothes, parenting classes, information on abortion, adoption, counseling and discussion groups. All programs are free. Call Corbin at 523-1113 or London at 877-1717 or toll free at 1-800-809-3378.

### NIBROC AA

The Nibroc AA co-ed group meets at noon and 8 p.m. Monday through Saturday, and at 2 p.m. and 8 p.m. Sundays at the old Recreation Center on Barbourville Street. Women's meeting is Thursdays at 6 p.m.

### GRANDPARENT SUPPORT GROUP

A grandparent support group meets Tuesdays at 11 a.m. at the Laurel County Extension Office. Call 864-4167. Call 528-6657.

### CVADD OMBUDSMAN PROGRAM

Long-term care ombudsmen are available for assistance with concerns about nursing homes. Call Tammy at 864-7391 or 1-800-795-7654.

### CELEBRATE RECOVERY

Grace on the Hill Church offers a Christ-centered 12-step recovery program for anyone with a hurt, habit or hang-up. Programs are held at 6 p.m. Tuesdays. Call 528-6840.

### BREAST FEEDING MOMMIES

Knox County Health Department offers a support group at noon Mondays for pregnant women and breast-feeding moms. Call 344-7526.

### RAPE CRISIS & DOMESTIC VIOLENCE

Independence House at 3110 Cumberland Falls Hwy offers a support group for rape crisis and domestic violence at 6 p.m. Wednesdays. Call 523-9386.

### AA FOR WOMEN

Independence House AA for Women meets at 8 p.m. Fridays. Call 523-9386.

### CAREGIVER SUPPORT

The Caregiver Support Program is for anyone caring for a loved one aged 60+. Call Veronica at CVADD at 864-7391 Monday through Friday.

### ALZHEIMER'S ASSOCIATION SUPPORT

The Whitley County Alzheimer's Support group meet the 4th Thursday of the month at 5 p.m. at Williamsburg Occupational Health and Rehabilitation. Call 549-1183.

### PARENTS ANONYMOUS

Parents Anonymous meets Mondays from 5:30-7 p.m. at 175 East Peachtree Street (Behind Church of God) near Arby's Hwy 25E in Corbin. Call 526-6303



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PHOTO SUBMITTED

The London American Legion presented 128 children with a stocking and bag of presents. Each child received a shirt, pants, jacket, shoes and a toy from their wish list.



PHOTO BY SAMANTHA SWINDLER

Volunteers of all ages met at the Corbin Middle School gym and wrapped hundreds of toys for the Empty Stocking Fund.



PHOTO SUBMITTED

Above, each year Jeff Caudill (aka Santa Claus) visits with children at Frisch's Restaurant in London.

PHOTO BY BOBBIE POYNTER

At right, Marty Hayes, left, and Larry Angel Jr., along with Michael Angel (not pictured) loaded up their Williamsburg Rescue Squad truck and helped deliver food to needy families. The Williamsburg Rescue Squad has been helping with Christmas food deliveries for more than ten years.



# VOLUNTEER

## FROM FRONT PAGE

Here are their answers. Perhaps you can identify with one or more of them:

**Jeannette Bingham, Corbin:** I've been volunteering for many, many years. I volunteer for everything that comes by. I just think it's important to help people. You don't have to know people to help them. I like to be around people, and I'll help anybody that I can help.

**Mary Pierce-Miller, Corbin:** I've been volunteering for 11 years. Volunteering fulfills me. Organized toy runs not only helps the children in the community, but gives the bikers a chance to give back in their own special way.

**Dwight Davenport, Corbin:** I've been volunteering for about five years now. I just feel it's something I need to do. When I was young a special organization took the time to help me when I really need it. That motivated me to begin giving back.

**Theresa Price, London:** I've been volunteering ever since I was about 15-16 years old. I know that it's going to do them some good and I know that there are people in a lot more need than me. My parents have always instilled that in me. They always said it was better to others.

**Jenny Smith, Lily:** I've been volunteering for over 14 years. Volunteering makes me feel good knowing that I can help somebody. I've seen firsthand how a good volunteer organization works, and I'm proud to be a part of one.

**Ashley Logan, Corbin:** We have been volunteering for four years. When my sister and I went to college, we decided when we came back that it would be a good thing to help out the community. Our dad has been volunteering for a very long time and we are following his example. It's a great feeling because the people are so grateful and you can tell it just makes their Christmas.

**Glenn Steely, Williamsburg:** I've been volunteering for more than ten years. I care and like people, especially kids.

**Maryanne Campbell, Corbin:** I've been volunteering for more than six years. I was raised to give back. Mother taught me that if you give, you get a bigger reward out of giving than in taking, and that it's the Christian thing to do. And plus, I love it. I love to see the faces of the ones you help.

**Jeannie Hensley, Corbin:** I have actually worked out in the community ever since I've been in banking, more than 28 years. I volunteer to help make our town a better place, and I love doing things for children, to see the excitement on their faces. It's giving back to the community. It just gives me internal joy.

## 50TH ANNIVERSARY



### Paul & Betty Richardson

Mr. and Mrs. Paul Richardson recently celebrated their 50th wedding anniversary with over 100 guests at a surprise gathering given by their children. Paul and Betty were married Oct. 27, 1959, and have three children: one son Russell Richardson (wife Christy and children Joshua and Lindsey Richardson) and two daughters, Rhonda Richardson and Sherry Richardson-Crawford. Paul and Betty were married 50 years ago at Pleasant View Baptist Church in Williamsburg, KY and continue to reside in the Pleasant View area of Whitley County.

# STARTING A NEW BUSINESS?

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